

Homemade Chicken Noodle Soup Recipe

Ingredients:

- 2 cups of shredded chicken (I purchased rotisserie chicken from the store).
- 64-ounces chicken broth
- 4 large carrots (peeled and chopped)
- 4 celery stalks (chopped)
- 1/2 white onion (chopped)
- 3-tsp minced garlic
- 1 package of noodles (I used egg noodles and only half the package).
- 2-tbsp olive oil
- 1-tsp salt
- 1/2 tsp pepper
- 1/2 tsp turmeric
- Fresh parsley (optional).

Instructions:

- Prepare the veggies and shred the chicken.
- Heat the oil in a large pot over a medium high heat.
- Add in the veggies and saute until mostly soft.
- Once soft, add in the broth, chicken and spices.
- Bring to a boil and then reduce to low and cover for about 15-20 minutes, stirring occasionally.
- While this is cooking, prepare the noodles separately according to the package (if added to the soup directly, they will soak up all of the liquid).
- After 15-20 minutes, taste the soup and add salt/pepper as needed to your liking.
- To serve, add the noodles to the bowl and then ladle the soup over the top.
- Garnish with fresh parsley.
- Enjoy!

I did a brief calorie counter to try and figure out the calories. With ingredients placed in, the FULL meal ingredients equaled approximately 1,774 calories. The meal definitely makes slightly more than 4 servings...I think we each had 2 ladles (cups) in our bowls each...which yielded us about 4 total bowls. With those numbers, I estimate 221.75 calories per cup (or 443.50 calories per bowl of 2 cups). I'm not an expert here...just using some math methodology...